



Adult Care Center of the Northern Shenandoah Valley, Inc.

2023



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3	4
9:00-9:50		Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Coloring Book Day	Morning News Hour/ Participants Choice: Word search/Crossword National Watermelon Day	Morning News Hour/ Participants Choice: Word search/Crossword Chocolate Chip Cookie Day
10:00-10:50		100 Or Bust ^{S,C} Trivia ^{C,S}	Wheels of Fortune ^{S,C} Origami ^{S,C,Pr.}	Family Feud ^{C,S} Word Scramble ^{C,S}	Expressive of Art ^{S,C,Pr.} Bean Bag Toss ^{C,S,P}
11:00-11:45		Crossword Puzzle ^{C,S} Penny Ante ^{C,S}	Regular Exercise ^{P,S} Cycling ^{P,S}	Word Charts ^{C,S} Target Toss ^{S,C}	Regular Exercise ^{P,S} Cycling ^{P,S}
12:00-1:55		Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45		Regular Exercise ^{P,S} Cycling ^P	Crossword Puzzle ^C Shake the memory ^{C,S}	Regular Exercise ^{P,S} Cycling ^{P,S}	Jeopardy ^{C,S} Bingo ^{S,C}
3:00		Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00		Hedbanz ^{S,C} Pictionary ^{C,S}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Bowling Game ^{S,P} Spin Your Wheels ^{S,C}	Friday Frolic ^R One on one projects ^{Pr.}
4:00-4:30		Round table talk ^{C,S,R} One on one projects ^{Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Words of Wisdom ^{C,S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	7	8	9	10	11
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword Purple Heart Day	Morning News Hour/ Participants Choice: Word search/Crossword Happiness Happens Day	Morning News Hour/ Participants Choice: Word search/Crossword National Book Lovers Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword Son's & Daughter's Day
10:00-10:50	Music & Spirituality ^{S,C,Pr.} Connect 4 ^{S,C}	Chimes ^{Pr.,S,C} Crossword Puzzle ^{C,S}	Hangman ^{C,S} Art & Craft: Dream Catcher ^{S,C,Pr.}	100 Or Bust ^{S,C} Trivia ^{C,S}	Karaoke ^{C,Pr.,S} One on one projects ^{Pr.}
11:00-11:45	Best 10 ^{C,S} Life Story ^{S,C}	Regular Exercise ^{P,S} Cycling ^{P,S}	Regular Exercise ^{P,S} Cycling ^{P,S}	Ring Toss ^{C,S,P} Crossword Puzzle ^{C,S}	Regular Exercise ^{P,S} Cycling ^{P,S}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Regular Exercise ^{P,S} Cycling ^{P,S}	Word Scramble ^{C,S} Book Club ^{S,C}	Word Charts ^{C,S} Table Game ^{S,C}	Regular Exercise ^{P,S} Cycling ^{P,S}	Drum Circle ^{Pr.,S,C} Bowling Game ^{S,P}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Shake the memory ^{C,S} Trivia ^{C,S}	Bean Bag Toss ^{S,C} Pictionary ^{S,C}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Big Words & Small Words ^{C,S} Family Feud ^{C,S}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Relaxing Conversation ^{S,C} One on one projects ^{Pr.}	Spin Your Wheels ^{S,C} One on one projects ^{Pr.}	Midweek Movie Matinee ^R / One on one projects ^{Pr.}	Relaxing Piano Music ^{R,S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	14	15	16	17	18
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Nonprofit Day	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:50	Drum Circle ^{Pr., S, C} Shake the memory ^{C, S}	Word Charts ^{C, S} Coloring ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Hangman ^{C, S} Crossword Puzzle ^{C, S}	Jeopardy ^{C, S} One on one projects ^{Pr.}
11:00-11:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Bingo ^{C, S} Target Toss ^{C, S, P}	Origami ^{S, C, Pr.} A-Z ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Bean Bag Toss ^{C, S, P} Hedbanz ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Bingo ^{S, C} Target Toss ^{C, S, P}	100 Or Bust ^{S, C} Finish that Lyrics ^{S, Pr.}	Expressive of Art ^{S, C, Pr.} Best 10 ^{C, S}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Trivia ^{C, S} Spin Your Wheels ^{S, C}	Family Feud ^{C, S} Story Writing ^{S, C}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Connect 4 ^{S, C} Bowling Game ^{S, Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Raise Up Hand ^{S, C} One on one projects ^{Pr.}	Relaxing Conversation ^{C, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}
	21	22	23	24	25
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword National Senior Citizens Day	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword
10:00-10:50	Hedbanz ^{S, C} Trivia ^{C, S}	Hangman ^{C, S} 100 Or Bust ^{S, C}	Wheels of Fortune ^{S, C} Art & Craft: Yarn Butterfly ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Expressive of Art ^{S, C, Pr.} Ring Toss ^{C, S, P}
11:00-11:45	Family Feud ^{C, S} Target Toss ^{C, S, P}	Crossword Puzzle ^{C, S} Lawn Darts ^{C, P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^{C, S} Penny Ante ^{C, S}	Regular Exercise ^{P, S} Cycling ^{P, S}
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}
2:00-2:45	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	Crossword Puzzle ^C Pictionary ^{S, C}	Trivia ^{C, S} Life Story ^{S, C}	Drum Circle ^{Pr., S, C} Raise up Hand ^{S, C}
3:00	Refreshments	Refreshments	Refreshments	Refreshments	Refreshments
3:30-4:00	Big Words & Small Words ^{C, S} Raise Up Hand ^{C, S}	Word Scramble ^{C, S} Words of Wisdom ^{C, S}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Best 10 ^{C, S} Bowling Game ^{S, C}	Friday Frolic ^R One on one projects ^{Pr.}
4:10-4:30	Relaxing Conversation ^{C, S} One on one projects ^{Pr.}	Book Club ^{S, C} One on one projects ^{Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}	Friday Frolic ^R One on one projects ^{Pr.}

	28	29	30	31	
9:00-9:50	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword	Morning News Hour/ Participants Choice: Word search/Crossword National Beach Day	Morning News Hour/ Participants Choice: Word search/Crossword	
10:00-10:50	Regular Exercise ^{P, S} Cycling ^{P, S}	Chimes ^{Pr., S, C} Crossword Puzzle ^{C, S}	Hangman ^{C, S} Name That Tune ^{S, Pr.}	Price is Right ^{C, S} One on one projects ^{Pr.}	
11:00-11:45	Hangman ^{C, S} Penny Ante ^{C, S}	Bingo ^{C, S} Expressive of Art ^{S, C, Pr.}	Regular Exercise ^{P, S} Cycling ^{P, S}	Regular Exercise ^{P, S} Cycling ^{P, S}	
12:00-1:55	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	Lunch & Relaxation/ One on one projects ^{Pr.}	
2:00-2:45	Best 10 ^{C, S} Hedbanz ^{S, C}	Regular Exercise ^{P, S} Cycling ^{P, S}	Trivia ^{C, S} Wheels of Fortune ^{S, C}	Word Charts ^{C, S} Family Feud ^{C, S}	
3:00	Refreshments	Refreshments	Refreshments	Refreshments	
3:30-4:00	Lawn Darts ^{C, P, S} Pictionary ^{C, S}	Big Words & Small Words ^{C, S} Words of Wisdom ^{C, S}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Bowling Game ^{S, C} Spin Your Wheels ^{S, C}	
4:10-4:30	Round table talk ^{C, S, R} One on one projects ^{Pr.}	Relaxing Conversation ^{C, S} One on one projects ^{Pr.}	Midweek Movie Matinee ^R One on one projects ^{Pr.}	Relaxing Piano Music ^{R, S} One on one projects ^{Pr.}	

*Alternative activities will be offered as requested

<p>August is...</p> <ul style="list-style-type: none"> • International Peace Month • National Dog Month • National Wellness Month • National Sandwich Month • Happiness Happens Month • National Back to School Month 	
<p><u>Personal Workshop</u></p> <p>Jigsaw Puzzles</p> <p>Crossword/Word Search</p> <p>Reminisce</p> <p>Coloring</p> <p>Indoor/Outdoor Walks (depending on temperature)</p> <p>Music & Memory</p>	<p><u>Exercise & Wellness Groups:</u></p> <p>*2 choices are offered to participants daily*</p> <p>Upper Body: Weight lifting Medicine Balls Theraband Hand Grippers</p> <p>Wellness (Mind & Body): Chair Yoga Core Focus: Chair Pilates</p> <p>Lower Extremity: Virtual Cycling Club Active ROM: Parachute Fun band Armchair Exercise</p>
<p>**Offered throughout the day to ensure person centered care**</p>	